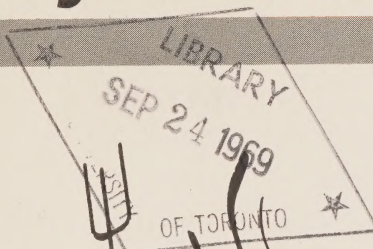



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The Way to Cook Fish

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THE WAY TO COOK FISH

Canada is one of the great fishing nations of the world. With abundant supplies of fresh and frozen fish readily available, it is easy for us to enjoy a variety of fish dishes. Fish is an excellent protein food, as shown in Canada's Food Guide, our pattern for meal planning. Fish protein is easily digested and for this reason fish may be included in diets for older people, invalids and young children.

The amount of fat varies greatly with the different kinds of fish. Lean fish, poached or baked without added fat, is a popular menu item for low calorie meals. The fat of fish is also easily digested. Some of the lean fish include cod, haddock, sole, ocean perch, freshwater perch, pike, pickerel, smelt and all shellfish. Halibut and whitefish are classed as moderate in fat while Alaska black cod, eel, herring, mackerel, salmon, shad, lake trout, tuna and turbot have a fairly high fat content.

In addition to protein and fat, fish supplies some minerals and vitamins. Fish contains iodine and is generally a good source of fluorine and phosphorus. Some calcium is added to our food when the softened bones of canned fish are used. Because the iron content of fish is low, iron must be supplied by other food, such as leafy green vegetables.

Fatty fish has a little vitamin A and is rich in vitamin D. Lean fish does not contain vitamin A or D in the flesh. Fish like meat is a good source of niacin and provides useful amounts of riboflavin as well.

THE WAY TO BUY

Buy frozen, smoked, canned and cured fish all year around. Buy fresh fish when it is in season. This is the time when the quality of each variety is usually best.



Whole or Dressed Fish—Look for:

- mild characteristic odour but no strong or fishy odour
- bright, full, clear eyes
- bright red gills, free from slime
- bright characteristic sheen on scales
- tightly adhering scales
- firm or rigid body
- firm elastic flesh that does not separate easily from the bones or retain imprint of fingers when handled.

Fillets and Steaks—Look for:

- mild characteristic odour but no strong or fishy odour
- firm elastic flesh that does not separate easily from the bones or retain imprint of fingers when handled
- fresh cut appearance with no trace of browning or drying out of the flesh

Frozen Fish—Look for:

- solidly frozen packages
- wrapping material that is moisture-vapour-proof or a glaze of ice.
- tightly wrapped packages with little or no air space between fish and package
- firm glossy flesh with no evidence of drying out
- no discoloration or fading of flesh
- no parched white areas indicating freezer burn
- absence of frost and ice crystals when package is opened

HOW MUCH TO BUY

Whole or Round—just as taken from the water	} Allow 1 pound for 1 serving
Dressed or Drawn—viscera removed	
Pan dressed—scaled, eviscerated, and usually with head, tail and fins removed	} Allow 1 pound for 2 servings
Steaks—cross section slices	
	} Allow 1 pound for 2 or 3 servings
Fillets—meaty sides of fish cut length- wise from the backbone	} Allow 1 pound for 3 servings

THE WAY TO STORE

Use fresh fish as soon as possible because it is a very perishable food. Wash fish quickly and remove excess moisture, wrap it in waxed paper, and store in the refrigerator.

Frozen fish should be kept solidly frozen in the unopened package. A constant temperature of below -10°F. is recommended and since this low temperature is hard to maintain in household freezer units, it is advisable to keep supplies of frozen fish for relatively short periods: 2 months for fat fish, 3 months for lean fish.

For some cooking procedures such as frying and stuffing, it will be necessary to thaw frozen fish. This is best done at refrigerator temperature. Once the fish has been thawed, cook it immediately. Never refreeze fish that has been thawed. You will be disappointed in its quality if you do.

TIPS TO REMEMBER

1. The flesh of fish contains little connective tissue and therefore does not require a long cooking period. Overcooking dries and toughens fish.
2. Do not thaw frozen fish before cooking except when necessary for ease in handling, such as panfrying or stuffing a whole fish. Fish is juicier when cooked from the frozen state.
3. Fish is cooked when:
 - The flesh loses its translucent appearance and becomes opaque.
 - The flesh flakes readily.
 - The flesh is easily pierced by a fork.
4. Serve fish immediately after cooking, while it is still piping hot, tender and juicy.

IN THE OVEN

Baking is a suitable method for cooking whole fish, steaks and fillets, both fresh and frozen.

To Bake Fish:

1. Measure the thickness of the fish or pieces of fish at the thickest part.
2. Season fish, place in a greased baking pan, and brush with melted fat or add a topping or sauce.
3. Bake in a very hot oven (450°F. to 500°F.). Allow 10 minutes cooking time per inch thickness. If fish is frozen, double the cooking time.

Spencer Baked Fish Fillets

2 pounds fish fillets	$\frac{1}{2}$ cup fine dry bread crumbs
$\frac{1}{2}$ cup milk	2 tablespoons butter or other fat
1 teaspoon salt	

Cut fillets into individual portions and soak three minutes in milk to which salt has been added. Drain and roll in bread crumbs. Place fish in greased baking pan and dot with fat. Bake in a very hot oven (450°F. to 500°F.). Allow 10 minutes cooking time per inch thickness for fresh fish or 20 minutes per inch thickness for frozen fish.

Makes 6 servings.

Cod Fillets in Coral Sauce

2 pounds frozen cod fillets	2 tablespoons lemon juice
1 teaspoon salt	1 teaspoon grated onion
Few grains pepper	$\frac{1}{4}$ cup butter or other fat,
1 teaspoon paprika	melted

Place fillets in greased baking pan. Combine remaining ingredients and pour over fish. Bake in a hot oven (450°F.). Allow about 20 minutes cooking time per inch thickness. A fillet block is usually about $1\frac{1}{4}$ inches thick and will require about 25 minutes cooking time.

Makes 6 servings.

Orange Butter Fillets

2 pounds fish fillets	2 teaspoons grated orange rind
1 teaspoon salt	3 tablespoons butter, melted
Few grains pepper	Few grains nutmeg
2 tablespoons orange juice	

Cut fillets into serving-size portions. Place in greased baking pan. Combine remaining ingredients and pour over fish. Bake in a hot oven (450°F.). Allow 10 minutes cooking time per inch thickness if fish is fresh. If fish is frozen, double the cooking time.

Makes 6 servings.

Crispy Baked Fillets

1 pound frozen fish fillets	2 teaspoons lemon juice
$\frac{1}{2}$ cup evaporated milk	$\frac{3}{4}$ cup crushed cornflakes
$\frac{1}{2}$ teaspoon salt	Butter

Cut frozen fillets into 3 or 4 portions. Combine evaporated milk, salt and lemon juice in a shallow dish. Dip fillet portions in milk, then coat with crushed cornflakes. Place in greased baking pan. Dot with butter. Bake in a hot oven (450°F.). Allow about 20 minutes cooking time per inch thickness.

Makes 3 or 4 servings.

Golden Fish Bake

2 pounds frozen fish fillets	4 tablespoons butter or margarine
4 tablespoons flour	1 teaspoon dill seed
1 teaspoon salt	1 cup dairy sour cream
$\frac{3}{8}$ teaspoon pepper	1 lemon, sliced
1 cup milk	Parsley
2 cups soft bread crumbs	

Cut frozen fillets into serving-size portions. Coat with flour and sprinkle with salt and pepper. Arrange in greased baking pan; pour milk over fish. Bake uncovered in moderate oven (350°F.) for 30 minutes. Toast crumbs lightly in fat in frying pan. Stir dill seed into sour cream. Remove fish from oven; spread with cream mixture; top with toasted crumbs. Bake 5 minutes longer or until sour cream is set. Garnish with lemon slices and parsley.

Makes 6 servings.

Smoked Fish in Tomato Sauce

2 pounds smoked fillets	$\frac{1}{8}$ teaspoon pepper
$\frac{1}{4}$ cup chopped onion	1 can (20 ounces) tomatoes
$\frac{1}{4}$ cup butter or other fat	Spice bag—6 peppercorns
$\frac{1}{4}$ cup flour	1 bay leaf
1 teaspoon sugar	

Cut fillets into serving-size portions if desired and place in greased baking pan. Cook onion in butter or other fat until tender; blend in flour and cook until bubbly. Add sugar and pepper. Slowly add tomatoes and cook and stir until thickened. Add spice bag and cook for 5 minutes longer. Remove spice bag. Pour sauce over fish and bake in a hot oven (450°F.). Allow 10 minutes cooking time per inch thickness for fresh fish or 20 minutes cooking time per inch thickness if fish is frozen. Allow an additional 5 minutes cooking time in either case because the fish is covered with a sauce.

Makes 6 servings.

IN ALUMINUM FOIL IN THE OVEN

The flavour and juices are sealed in by aluminum foil and the fish steams in its own liquid.

1. Measure thickness of fish or piece of fish. If a glazed fish is to be cooked, chip off as much ice glaze as possible. Season fish.
2. Wrap fish in an envelope of greased aluminum foil. Make double folds in the foil and pinch folds to make steam tight.
3. Place package on baking sheet and bake in a hot oven (450°F.). Allow 10 minutes cooking time per inch thickness for fresh fish and 20 minutes cooking time per inch thickness for frozen fish, plus additional cooking time for heat to penetrate foil and fish. An extra 5 minutes for fresh fish and 10 minutes for frozen fish is recommended.

Oven Steamed Fish

2 pounds fish fillets
 $\frac{1}{2}$ teaspoon salt

$\frac{1}{8}$ teaspoon pepper

Sprinkle fish with salt and pepper. Measure thickness of fish. Wrap fish tightly in envelope of greased aluminum foil. Make double folds in foil and pinch folds to make steam tight. Place on shallow pan or baking sheet and bake in a very hot oven (450°F. to 500°F.). Allow 10 minutes cooking time per inch thickness for fresh fish and 20 minutes cooking time per inch thickness for frozen fish, plus additional cooking time for heat to penetrate foil and fish. An extra 5 minutes for fresh fish and 10 minutes for frozen fish is recommended.

Makes 6 servings.

Cod and Mustard Sauce

1 pound cod fillets
 $\frac{1}{4}$ teaspoon salt

Few grains pepper
1 teaspoon lemon juice

Season fish with salt, pepper and sprinkle with lemon juice. Wrap fish tightly in an envelope of greased aluminum foil. Bake in a hot oven (450°F.). Allow 10 minutes cooking time per inch thickness for fresh fish and 20 minutes cooking time per inch thickness if fish is frozen, plus additional cooking time for heat to penetrate foil and fish. An extra 5 minutes for fresh fish and 10 minutes for frozen fish is recommended. Drain fish and reserve juices for sauce. Remove fish to a heated serving dish.

Mustard Sauce

2 tablespoons butter
1 tablespoon flour
2 teaspoons dry mustard
 $\frac{1}{4}$ teaspoon salt

Few grains pepper
1 cup fish stock
2 tablespoons light cream

Melt butter, blend in all dry ingredients together. Gradually add fish stock and cream. Cook and stir until thickened. Serve with cod.

Makes 3 to 4 servings.

BAKED STUFFED FISH

1. Clean the fish by removing the viscera, scales and fins or ask your dealer to do this for you. The head and tail may be left on if desired. Wash and dry the fish.
2. Sprinkle it on the inside with salt. Stuff it loosely with the stuffing of your choice, allowing about $\frac{3}{4}$ cup for each pound of dressed fish (if the backbone is removed, allow about 1 cup for each pound of dressed fish).
3. Fasten the opening with small skewers or toothpicks and loop string about them as you would lace shoes; or sew the opening with a large needle and coarse thread. Place the stuffed fish on a greased baking pan and brush with melted fat or oil.
4. Measure the stuffed fish at the thickest part. Bake in a hot oven (450°F.). Allow 10 minutes cooking time per inch of stuffed thickness.

Bread Stuffing

$\frac{1}{3}$ cup chopped onion	$\frac{1}{2}$ teaspoon seasoning (poultry
$\frac{1}{3}$ cup diced celery	seasonings, savory, thyme,
3 tablespoons butter or other fat	sage, dried mint, tarragon,
$\frac{1}{2}$ to 1 teaspoon salt	etc.)
$\frac{1}{8}$ teaspoon pepper	3 cups soft bread crumbs

Cook onion and celery in fat until tender (about 5 minutes). Add cooked vegetables and seasonings to bread crumbs. Toss lightly.

Use to stuff a 3 or 4 pound dressed fish. Stuffing may also be used between two layers of fillets or fish steaks.

Lemon Sour Cream Stuffing

2 tablespoons butter	$\frac{1}{2}$ teaspoon salt
$\frac{1}{2}$ cup diced celery	$\frac{1}{2}$ teaspoon paprika
$\frac{1}{4}$ cup chopped onion	$\frac{1}{4}$ cup sour cream
2 teaspoons grated lemon rind	$2\frac{1}{2}$ cups soft bread crumbs

Melt butter; add celery and onion and sauté until tender. Combine lemon rind, salt, paprika and sour cream. Add soft bread crumbs. Mix well. Spoon celery and onions over mixture and stir until well blended. Use to stuff a 2 pound fish.

Makes about 2 cups.

UNDER THE BROILER

Broiling is one of the best and easiest methods of cooking fish steaks, fillets or small whole fish.

1. Measure thickness of the fish or pieces of fish and place on a greased broiler pan.
2. Baste with melted fat or a basting sauce.
3. Place broiler pan in a preheated oven so that the fish is 2 to 4 inches from heating unit. If fish is frozen place lower in oven to prevent overcooking surface before interior is cooked. Leave oven door ajar unless manufacturer's directions state otherwise.
4. When fish is browned on one side, season and turn. Brush with melted fat and complete cooking and seasoning. Allow 10 minutes cooking time per inch thickness for fresh fish and about 20 minutes cooking time per inch thickness for frozen fish. Cuts of fish $\frac{3}{4}$ to 1 inch thick have less tendency to dry out during broiling than thin cuts. Thin cuts of fish may be broiled without turning.

Broiled Fish

2 pounds fish fillets or steaks	$\frac{1}{2}$ teaspoon salt
$\frac{1}{4}$ cup butter or other fat, melted	$\frac{1}{8}$ teaspoon pepper

Have steaks cut 1 inch thick. Cut fillets into serving-size portions and place on greased broiler pan. Brush with half the melted fat. Place broiler pan 2 to 4 inches from heating unit. If fish is frozen, place pan 6 to 8 inches from heating unit. Allow 10 minutes broiling time per inch thickness for fresh fish and double that time for frozen fish. At half time, season and turn fish. Brush with remaining fat and complete cooking. Season.

Makes 6 servings.

For variety: to melted fat, salt and pepper
add $\frac{1}{4}$ teaspoon dried marjoram
1 tablespoon finely chopped onion
1 teaspoon grated lemon rind
3 tablespoons lemon juice

Marinate fish in this sauce, 15 to 20 minutes, turning once. Then broil as above.

Golden Broiled Fish Steaks

2 pounds fish steaks	1 teaspoon salt
1 tablespoon grated onion	Few grains pepper
2 tablespoons lemon juice	$\frac{1}{4}$ teaspoon thyme or tarragon
$\frac{1}{4}$ cup butter, melted	Paprika and parsley

Place steaks on greased broiler pan. Combine next six ingredients to make a butter sauce. Baste steaks with half of the sauce. Broil for 4 to 5 minutes, turn, baste with remaining sauce, and continue broiling until cooked. Garnish with paprika and parsley.

Makes 4 to 6 servings.

Barbecued Fillets

2 pounds fresh fish fillets	$\frac{1}{4}$ teaspoon dry mustard
$\frac{1}{2}$ cup melted butter	1 teaspoon salt
2 tablespoons lemon juice	2 tablespoons minced onion
$\frac{1}{4}$ cup tomato catsup	Parsley
1 teaspoon Worcestershire sauce	

Place fillets on a greased broiler pan. Combine butter, lemon juice, catsup, Worcestershire sauce, mustard, salt and onion. Heat mixture and pour over fillets. Place under preheated broiler 2 to 4 inches from the source of heat. Broil fish on one side only, allowing about 10 minutes broiling time per inch thickness of fish. Garnish with parsley.

Makes 6 servings.

IN THE FRYING PAN

This is a popular method for cooking fish steaks, fillets and small whole fish. For easier handling, frozen fish may be partially thawed and then cooked immediately.

1. If necessary, cut fish into serving-size pieces. Season with salt and pepper.
2. Dip fish in liquid (milk or beaten egg) and then in flour or other breading mixtures.
3. Heat $\frac{1}{4}$ inch of melted fat or oil in frying pan. Have it hot, but not smoking.
4. Fry fish until golden brown on one side, turn and brown the other side. The complete cooking time will be approximately 10 minutes per inch thickness. Drain and serve piping hot.

Panfried Fish

2 pounds fish fillets, steaks or small fish	$\frac{1}{2}$ cup milk
1 teaspoon salt	$\frac{1}{2}$ cup flour
	$\frac{3}{4}$ cup fine dry bread crumbs

Cut fish into serving-size portions. Dip in salted milk and then in flour. For a crispy coating, dip in milk again and then in bread crumbs. Fry in hot fat until golden brown on each side, drain and serve immediately. The complete cooking time will be about 10 minutes per inch thickness.

Makes 6 servings.

Tarragon Panfried Fillets

2 pounds fish fillets	$\frac{1}{4}$ cup flour
$\frac{1}{2}$ cup tarragon vinegar	$\frac{1}{8}$ teaspoon pepper
$\frac{1}{4}$ cup cornmeal	1 teaspoon onion salt

Dip fillets in vinegar, then in mixture of cornmeal, flour, pepper and onion salt. Use about $\frac{1}{4}$ inch oil or melted fat in frying pan. Brown quickly on one side, then turn and brown the other side. The complete cooking time will be about 10 minutes per inch thickness of fish.

Makes 6 servings.

Filets à la Meunière

2 pounds fish filets
½ teaspoon salt
⅛ teaspoon pepper
½ cup flour
Oil for frying

4 teaspoons lemon juice
2 tablespoons finely chopped
parsley
6 tablespoons butter

Cut filets into serving-size portions. Season with salt and pepper. Coat with flour. Panfry in ¼ inch hot oil until golden brown (about 5 minutes on each side). Place fish on heated platter. Sprinkle fish with lemon juice and parsley. Keep hot. Drain frying pan and wipe clean with paper towel. Heat butter in pan until it foams and browns lightly. Pour over fish and serve immediately while still foaming.

Makes 6 servings.

Smelt-Tomato Fry

2 pounds smelts
1 egg, beaten
2 tablespoons milk
1 teaspoon salt
1 cup dry bread crumbs,
cracker crumbs, or flour

4 large tomatoes, sliced
1 teaspoon sugar
1 teaspoon salt
2 tablespoons finely chopped
parsley

Trim off heads and tails of smelts. Clean and wash. Combine egg, milk and salt. Dip fish in egg mixture, and roll in crumbs. Panfry in hot fat. When fish are brown on one side, turn and brown on the other side. Drain and keep hot on a heated platter. Drain frying pan and wipe clean with a paper towel. Heat an additional 1 or 2 tablespoons of fat in it. Sprinkle tomato slices with sugar and salt. Fry in hot fat for 1 minute on each side. Sprinkle with chopped parsley. Place on platter with fish and serve immediately.

Makes 6 servings.

Seaburgers

1 pound sole filets
1 tablespoon lemon juice
¼ cup flour
½ teaspoon salt
⅛ teaspoon pepper

6 split, heated hamburger buns
Lettuce
Mayonnaise
6 tomato slices

Separate filets into 6 portions. Sprinkle with lemon juice. Combine flour, salt and pepper. Coat fish with the mixture. Panfry in about ¼ inch hot oil or melted fat until fish is lightly browned

on both sides and flakes easily when tested with a fork. In each bun arrange crisp lettuce, a serving of fried sole, some mayonnaise and a slice of tomato. Serve hot.

Makes 6 servings.

IN DEEP FAT

Fillets, smelts, fish cakes and some shellfish are delicious when fried in deep hot fat. If frozen fish is used, it is preferable to partially thaw it for even cooking throughout.

1. Cut fillets into uniform size not thicker than half an inch. If too thick, make several slits in the sides. This will help the fish to cook more evenly and quickly.
2. Sprinkle fish with salt. Dip in batter or dip in liquid (milk or beaten egg) and then in flour or other breading.
3. Place one layer of fish in frying basket. Do not attempt to fry more than one layer at a time as this lowers temperature of fat below proper cooking temperature.
4. Fry in hot deep fat at 375°F. until golden brown, about 3 or 4 minutes. Drain and serve piping hot.

Deep Fried Fish

2 pounds fish fillets

$\frac{1}{2}$ teaspoon salt

Lemon Batter

1 egg

1 cup flour

$\frac{3}{4}$ cup water

1 teaspoon baking powder

Juice of 1 lemon

Season fish and cut into serving-size portions or smaller portions if desired. If the portions are more than half-an-inch thick, but not thick enough to slice conveniently, make three or four slits in the sides. The fish will cook more evenly and quickly. To make batter, beat egg until light. Add water and lemon juice. Stir in dry ingredients and mix lightly. Dip fish into batter and fry in deep fat at 375°F. until golden brown, about 3 or 4 minutes. Drain and serve immediately.

Makes 6 servings.

Tender Batter

1½ cups all-purpose flour	2 eggs
1 tablespoon baking powder	1 cup milk
1 teaspoon salt	

Mix and sift dry ingredients. Beat eggs and add milk. Add liquid to dry ingredients and stir until smooth.

Makes enough for 2 pounds fish.

Crispy Batter

1 cup all-purpose flour	2 teaspoons sugar
2 teaspoons baking powder	1 tablespoon salad oil
1¼ teaspoons salt	1 cup water

Mix and sift dry ingredients. Add oil to water. Make a well in the dry ingredients and slowly pour in liquid, stirring until well blended.

Makes enough for 2 pounds fish.

As a general rule, a batter made with water will be crisp while a batter made with milk will be tender.

IN BOILING WATER

Fish for salads, casseroles, fish cakes or creamed fish dishes may be cooked in water or in court bouillon.

2 pounds fish	1 tablespoon chopped onion
1 teaspoon salt	1 tablespoon chopped celery

Sprinkle fish with salt and place on a piece of greased aluminum foil or a sheet of dampened parchment paper. Measure thickness of fish at thickest part. Add onion and celery and wrap securely. Fold foil over fish securing open edges with double folds to make package water tight. Or draw up corners of parchment paper, pouch fashion, and tie with string. Place the package in rapidly boiling water and cover. When water returns to the boil, time the cooking period. Boil 10 minutes per inch thickness for fresh fish and about 20 minutes per inch thickness for frozen fish. When removing fish from package, save the juices for use in fish sauces.

Makes 6 servings.

IN COURT BOUILLON

For ease in handling, wrap fish in cheesecloth when cooking in court bouillon. Leave long ends on the cheesecloth to serve as handles when lifting the fish in or out of the liquid. Allow 10 minutes cooking time per inch thickness for fresh fish and about 20 minutes cooking time per inch thickness for frozen fish.

Court Bouillon

½ cup vinegar	½ teaspoon peppercorns
1 tablespoon salt	1 bay leaf
1 stalk celery	1 teaspoon finely chopped parsley
¼ cup sliced onion	1 quart (5 cups) boiling water
¼ cup sliced carrots	
¼ teaspoon thyme	

Combine ingredients in a saucepan. Cover and boil 10 minutes. Use this liquid for poaching fish.

Makes about 1 quart.

IN STEAM

Fish may also be steamed over boiling water.

2 pounds fish	1 teaspoon salt
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Use a steamer or improvise one by using a sieve or a colander that will fit into a deep saucepan or soup kettle. Partially fill the bottom of the steamer or kettle with boiling water. Bring the water to a rapid boil. Place the fish in the upper part of steamer or in the sieve or colander and place over boiling water. Don't let water touch the fish. Cover closely. For ease in handling, tie fish in cheesecloth. Allow 10 minutes cooking time per inch thickness for fresh fish and double the cooking time if fish is frozen.

Makes 6 servings.

IN MILK

Fish may also be poached in milk. Smoked fish is especially good when cooked this way.

2 pounds smoked fillets
1 cup milk

1 tablespoon butter
Pepper

Measure thickness of fish. In a covered pan, simmer fillets in milk until fish flakes easily when tested with a fork. Allow 10 minutes cooking time per inch thickness for fresh fish and about 20 minutes cooking time per inch thickness for frozen fish. The fish may be poached in milk on top of the stove or baked in a hot oven (450°F.). Do not overcook or milk will curdle. Dot with butter and sprinkle with pepper. Serve with milk (thickened or unthickened) poured over the fish.

Makes 6 servings.

Poached Fish with Olive Sauce

1 pound fish fillets
 $\frac{1}{2}$ teaspoon salt
1 cup milk
2 tablespoons butter, melted

2 tablespoons flour
1 teaspoon lemon juice
 $\frac{1}{4}$ cup sliced stuffed olives

Cut fillets in serving-size portions. Simmer gently in salted milk for 5 to 10 minutes or until fish flakes easily when tested with a fork. Remove from heat. Carefully remove fish to heated platter and keep hot. Combine melted butter and flour. Add to hot milk. Cook and stir over low heat until thickened. Add lemon juice and olives. Pour sauce over fish.

Makes 3 servings.

SAUCES

Sauces add extra flavour and variety to fish dishes. Creamy rich sauces complement fish with a low fat content. Bright colourful sauces add interest to white-fleshed fish, and sauces with tart and subtle seasonings bring out the delicate flavour of all varieties. Wherever possible use fish stock or juices for all or part of the liquid in a recipe for extra flavour and added food value.

Basic Fish Sauce

2 tablespoons butter or other fat	Few grains pepper
2 tablespoons flour	1 cup fish stock (or fish juices
$\frac{1}{2}$ teaspoon salt	plus milk to make volume)

Melt fat over low heat. Blend in flour and seasonings. Cook until mixture is bubbly. Add liquid gradually. Cook and stir until thickened. Cook a few minutes longer for best flavour.

Makes 1 cup.

Egg Sauce: Add 1 or 2 chopped hard-cooked eggs and 2 tablespoons chopped parsley (if desired).

Cheese Sauce: Add $\frac{1}{2}$ cup grated Cheddar cheese. Stir until melted.

Tomato Sauce

2 tablespoons chopped onion	$\frac{1}{8}$ teaspoon pepper
2 tablespoons butter or other fat	6 peppercorns
2 tablespoons flour	1 bay leaf
1 teaspoon sugar	1 can (20 ounces) tomatoes
1 teaspoon salt	

Cook onion in fat until tender. Stir in flour and cook until bubbly. Add sugar and seasonings. Slowly add tomatoes. Cook and stir until thickened. Simmer 5 minutes. Remove peppercorns and bay leaf before serving.

Makes 2 cups.

Easy Hollandaise Sauce

3 egg yolks	$\frac{1}{2}$ cup butter or margarine,
$\frac{1}{4}$ teaspoon salt	melted
2 tablespoons lemon juice or vinegar	$\frac{1}{4}$ cup boiling water

Beat egg yolks lightly. Add salt and lemon juice or vinegar. Stir in melted butter and add boiling water. Place over hot, but not boiling water. Cook and stir until thickened, about 5 minutes. This sauce may be prepared in advance, stored in refrigerator and reheated when needed.

Makes $\frac{3}{4}$ cup.

Sweet and Sour Sauce

1 can (8 ounces) tomato sauce	$\frac{1}{4}$ cup water
$\frac{2}{3}$ cup white wine vinegar	$\frac{1}{2}$ teaspoon paprika
$\frac{2}{3}$ cup water	$\frac{1}{2}$ teaspoon monosodium
$\frac{2}{3}$ cup sugar	glutamate (optional)
1 teaspoon salt	$\frac{1}{8}$ teaspoon ground allspice
2 tablespoons cornstarch	

Combine tomato sauce, vinegar, water, sugar and salt. Bring to a boil. Dissolve cornstarch in $\frac{1}{4}$ cup water. Add to sauce. Cook and stir until clear and thickened. Stir in paprika, monosodium glutamate and allspice.

Makes about 2 cups.



Crata

DEPARTMENT OF FISHERIES AND FORESTRY / OTTAWA